MENTAL HEALTH AWARENESS WEEK

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To celebrate Mental Health Awareness Week 2022, Able Minds would like to offer an open invitation to our community to come along, have some BBQ food, do some mindfulness art, have a chat with someone new, listen to music together and…

Reconnect
with each other
with our community
with our wellbeing

When: Thursday 29th September
Time:11am-3pm
Where: Intercultural Church (Centre Street)
Why: To Reconnect with our wonderful community